

Creating Healthy Transportation Options for a More Active Population



Arizona Planning Conference 2011



Ann Chanecka
Sr. Transportation Planner

Tom Thivener
Bicycle and Pedestrian
Program Manager



Joseph Perez
Bicycle Coordinator and
Traffic Engineer

Making the case for Walking and Bicycling Investments

WHY?



Driving is Expensive!

\$8,588 per year for a
medium size sedan

(AAA estimate based on gas at
\$2.88/gallon)





Air Pollution

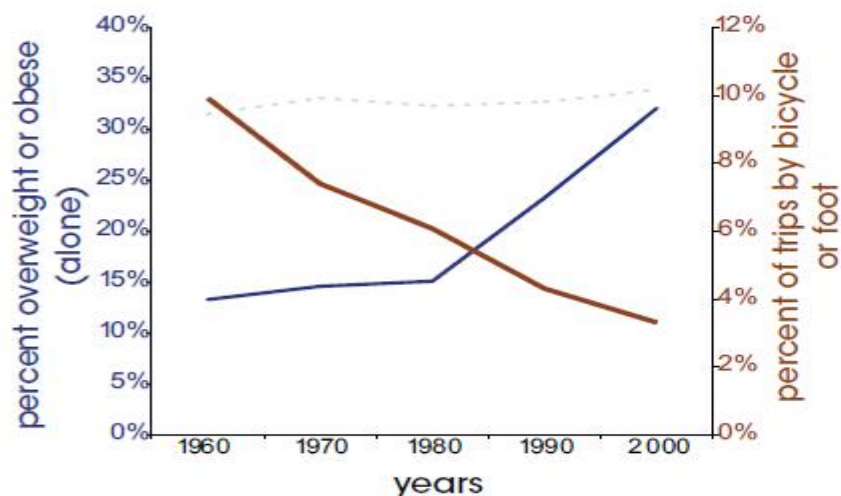
Global Warming

Oil Dependency



Health and Healthcare Costs

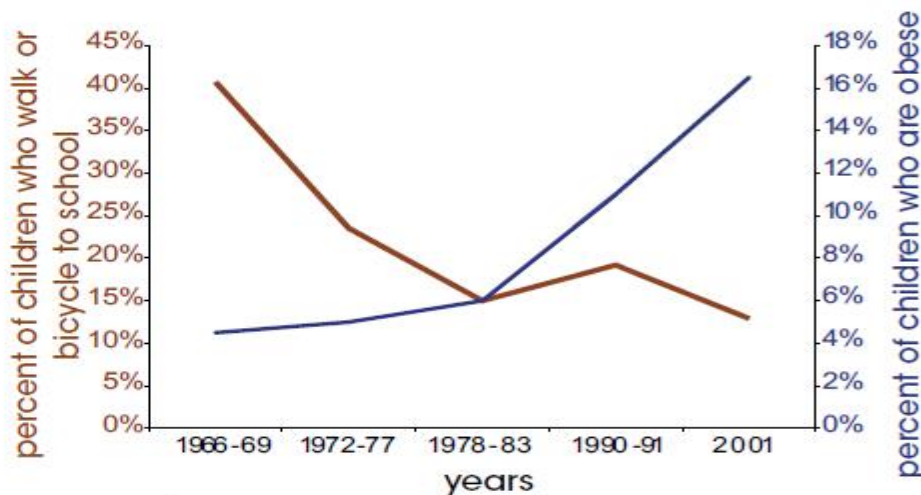
Change in Bicycling and Walking Rates vs. Adult Obesity and Overweight Rates



Legend:
 — = % of trips to work by bicycle or foot
 — = % obese
 — = % overweight alone

Sources: National Center for Health Statistics 2006, Census 1960, 1970, 1980, 1990, 2000; $r = -0.86$ (bicycle + walk/overweight) $r = -0.79$ (bicycle + walk/obesity)

Trend in Obese Children vs. Rate of Bicycling and Walking to School



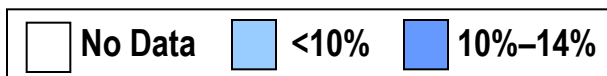
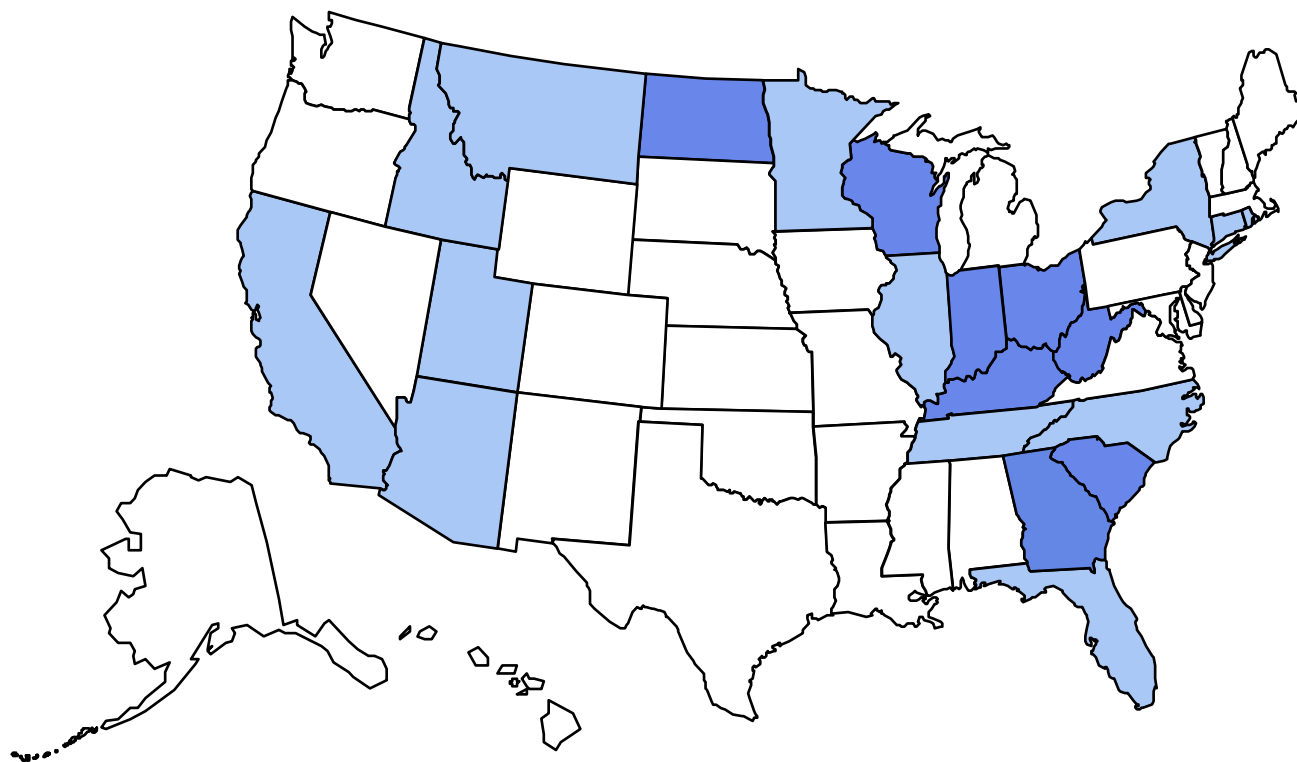
Legend:
 — = % of kids who bicycle or walk to school
 — = % of kids who are obese

Sources: CDC, NHANES, McDonald, Noreen 2007; $r = -0.63$

Obesity Trends* Among U.S. Adults

BRFSS, 1985

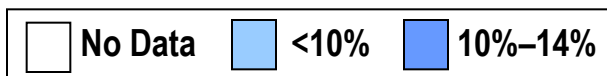
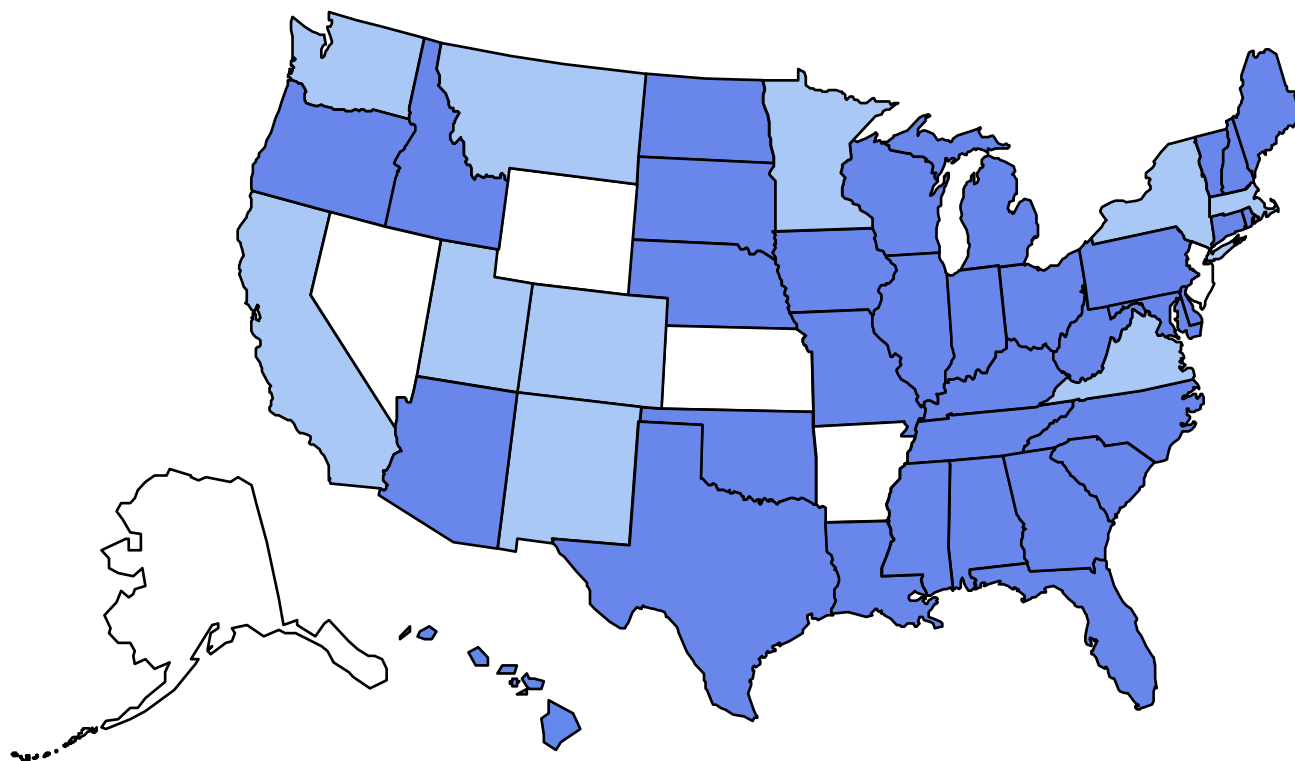
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1990

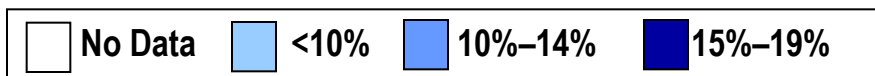
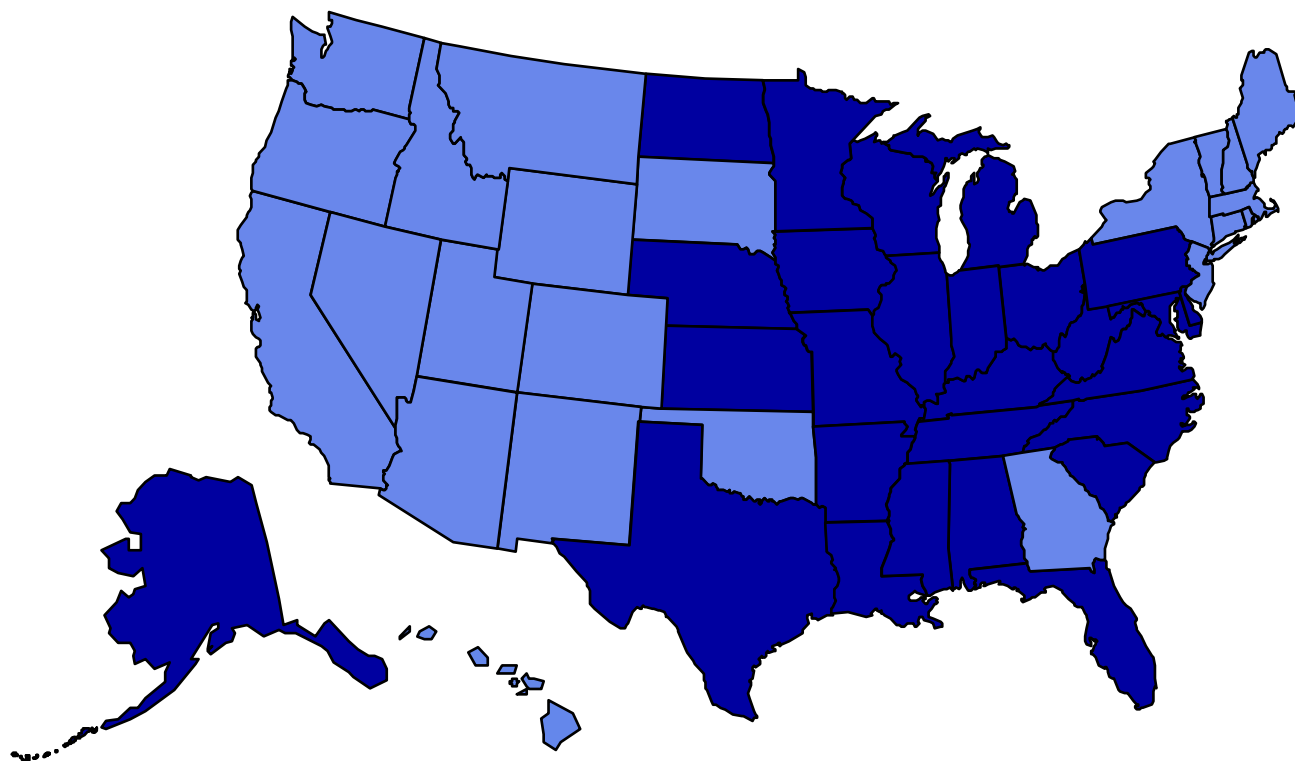
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1995

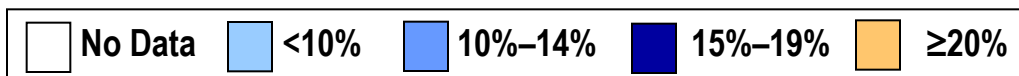
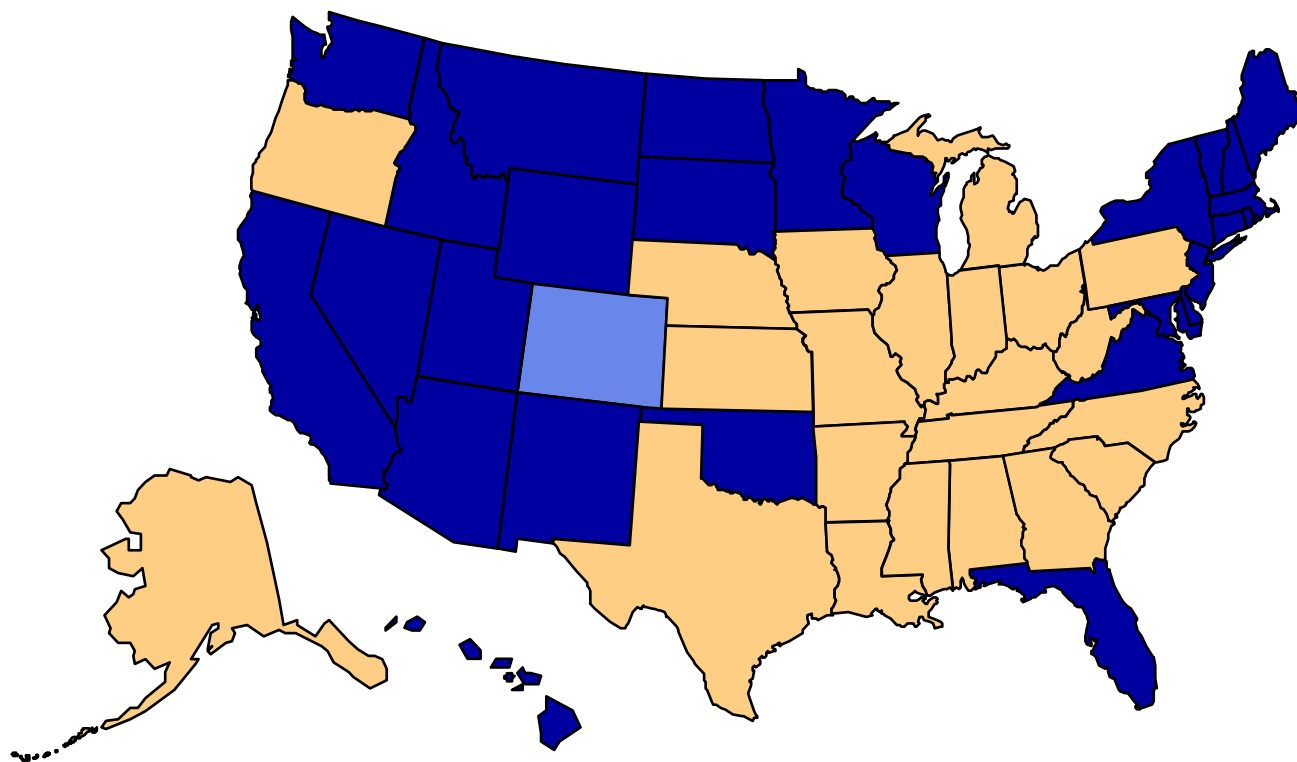
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2000

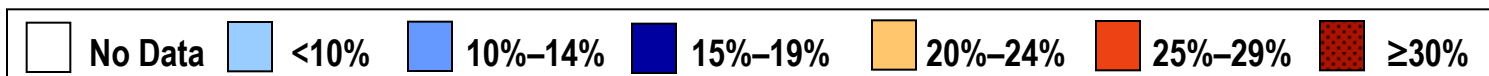
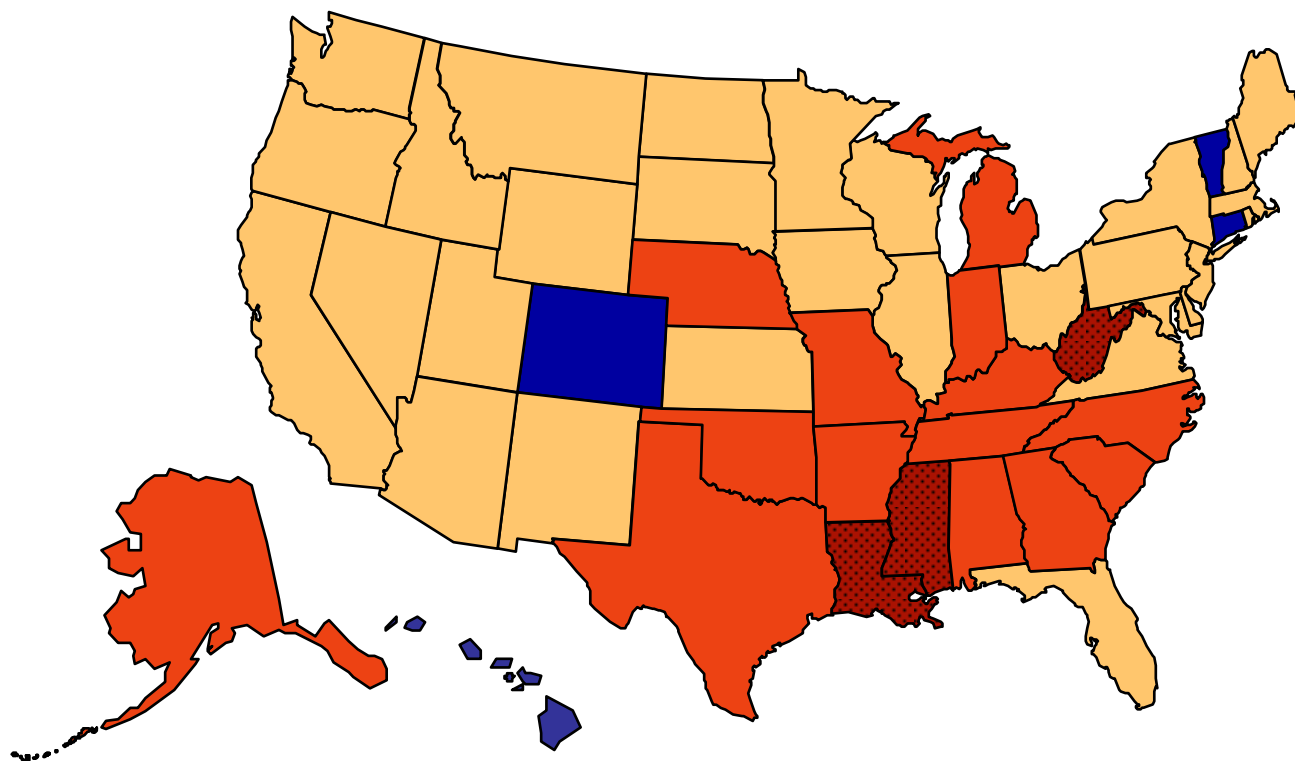
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2005

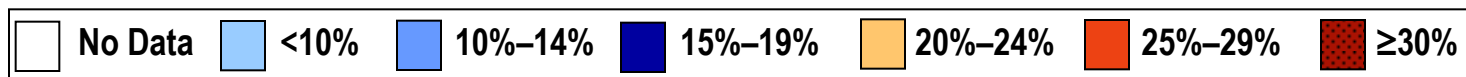
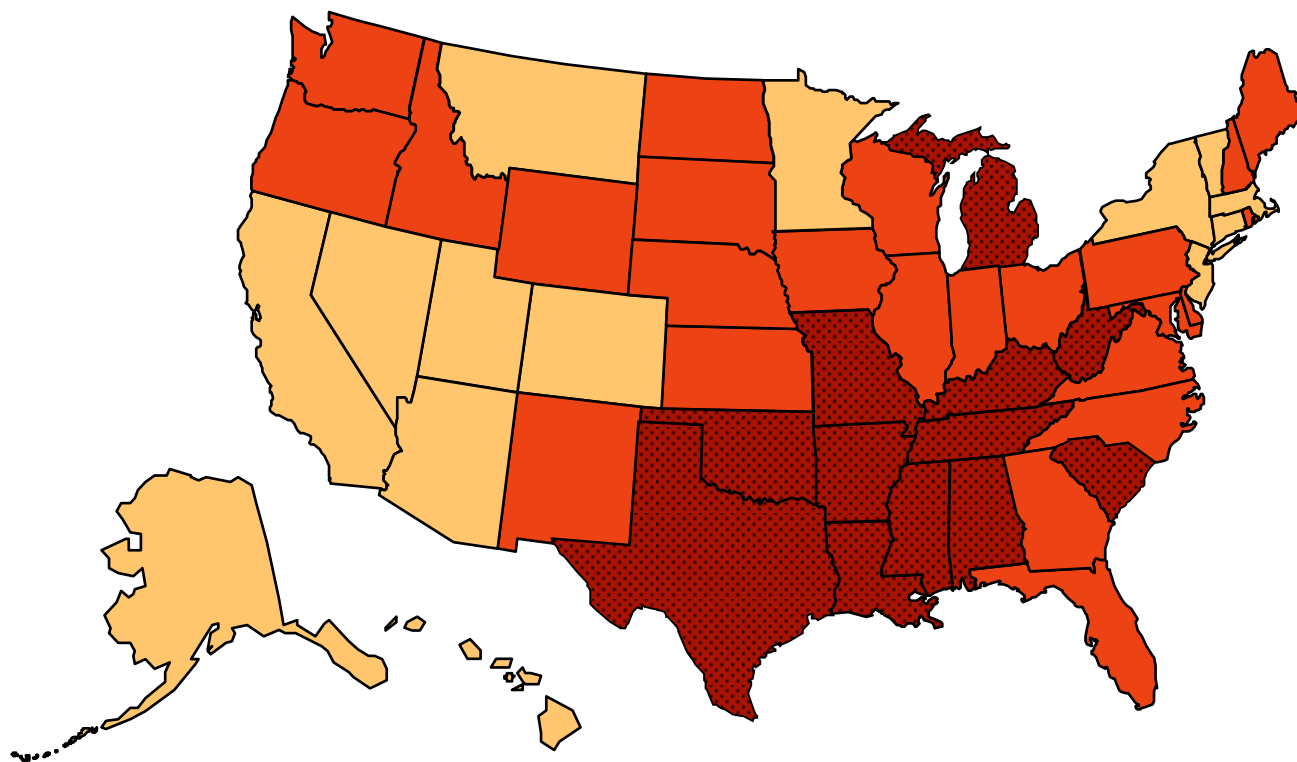
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2010

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Planning & the Built Environment

“Changes in the community environment to promote physical activity may offer the best practical approach to prevent obesity or reduce its co-morbidities.”

Dr. Jeffrey Koplan and Dr. William Dietz

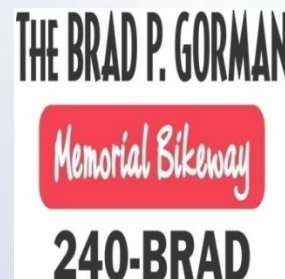


“Automobile trips that can be safely replaced by walking or bicycling offer the first target for increased physical activity in communities.” Dr. Jeffrey Koplan and Dr. William Dietz in a CDC statement

Great but how?

10 Helpful Hints

1. Develop Relationships

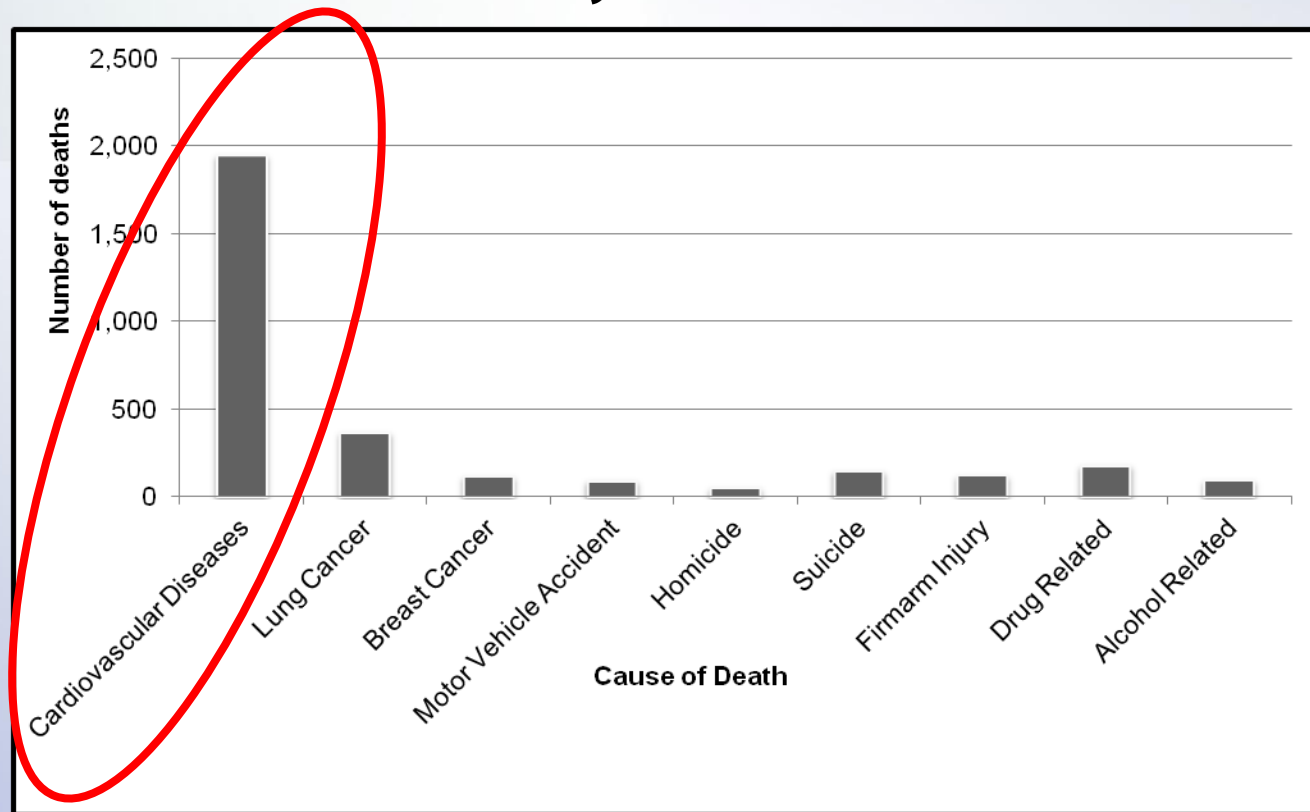


2. Find Key Champions



3. Use Relevant and Local Data

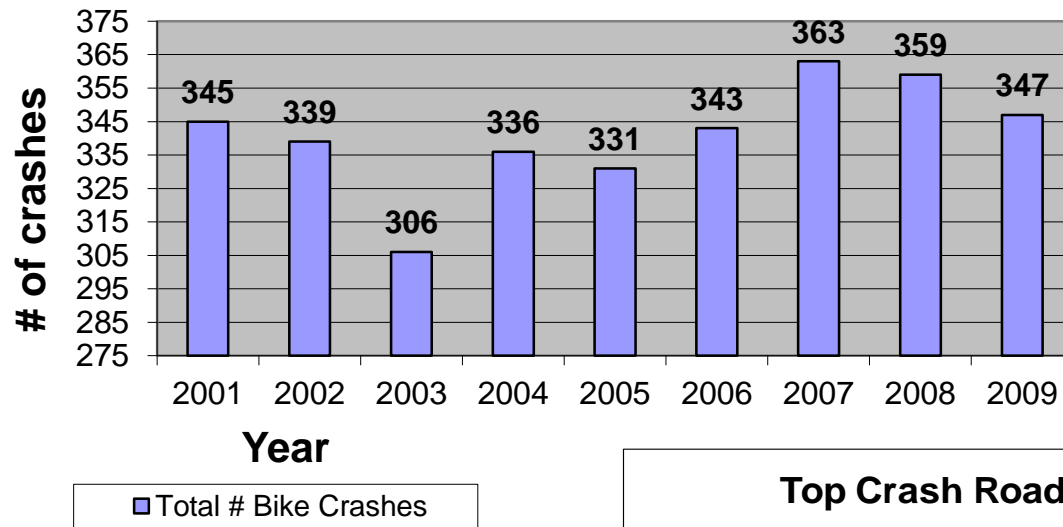
Deaths in Tucson by Selected Cause (2009)



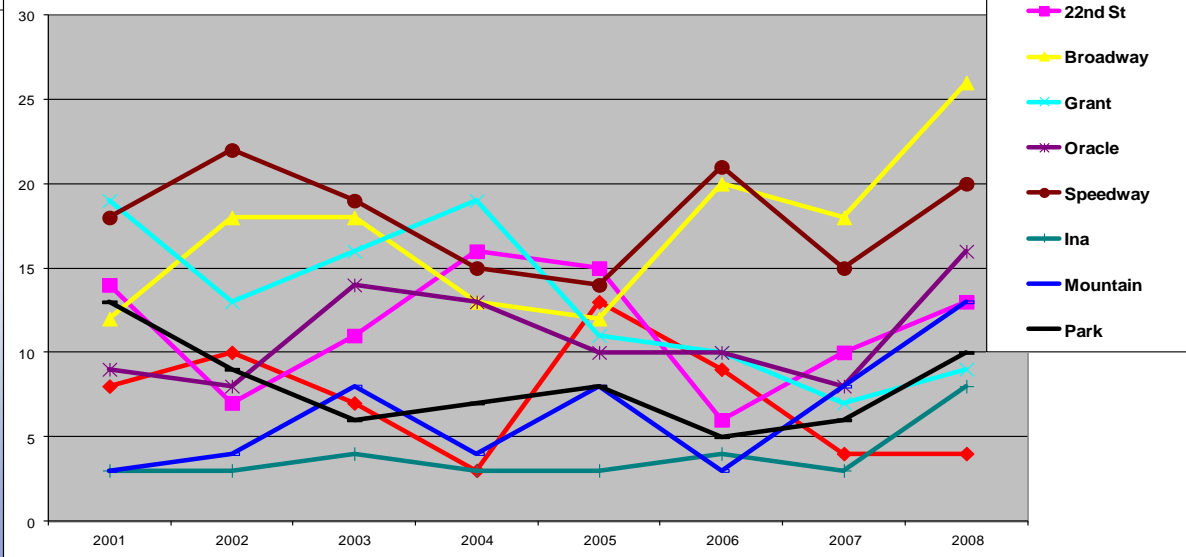
Source: *Community Vital Statistics, Arizona, 2009*, Arizona Dept of Health Services

3. ADOT Crash Data

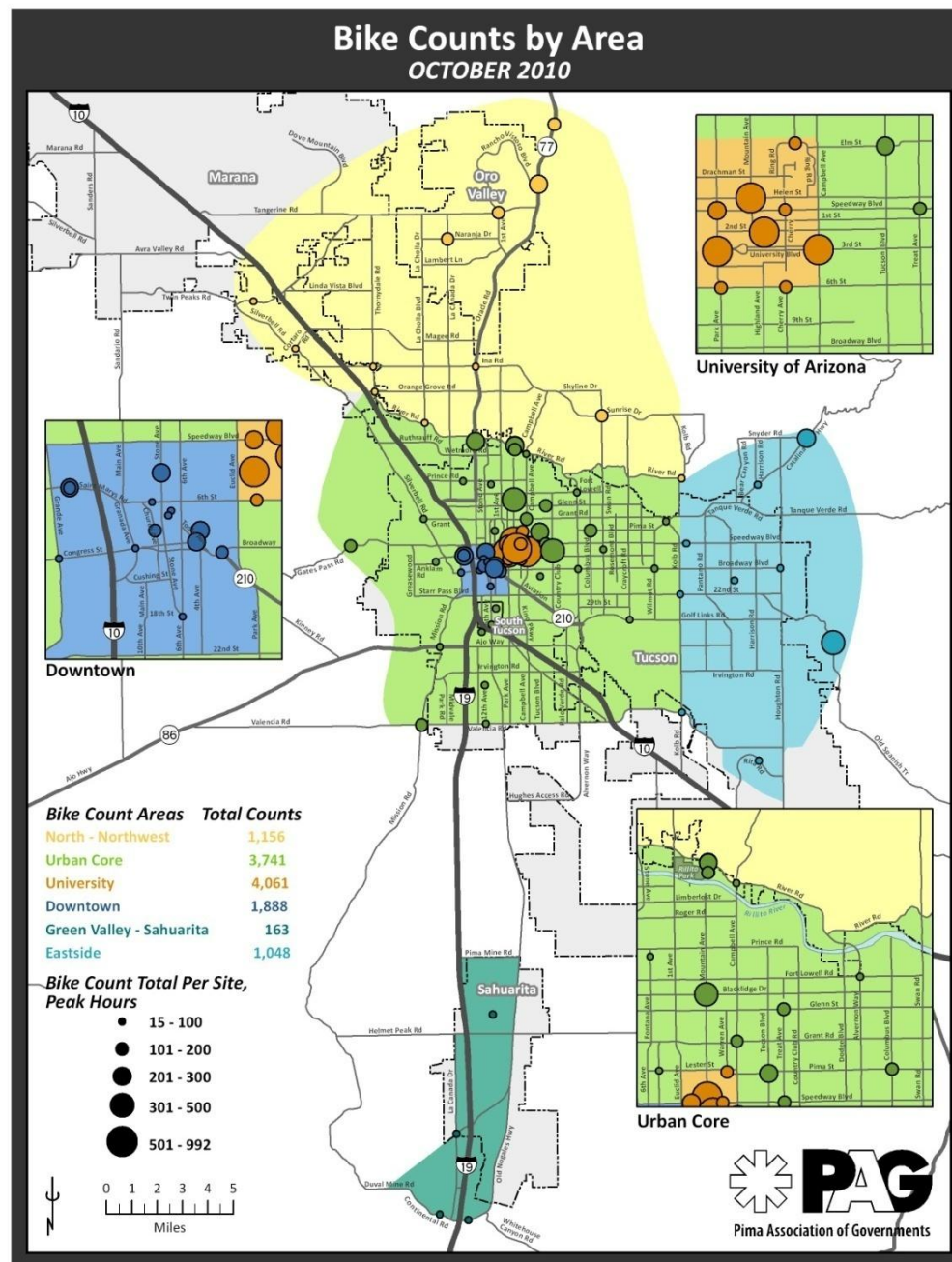
Bicycle Crashes in PAG Region



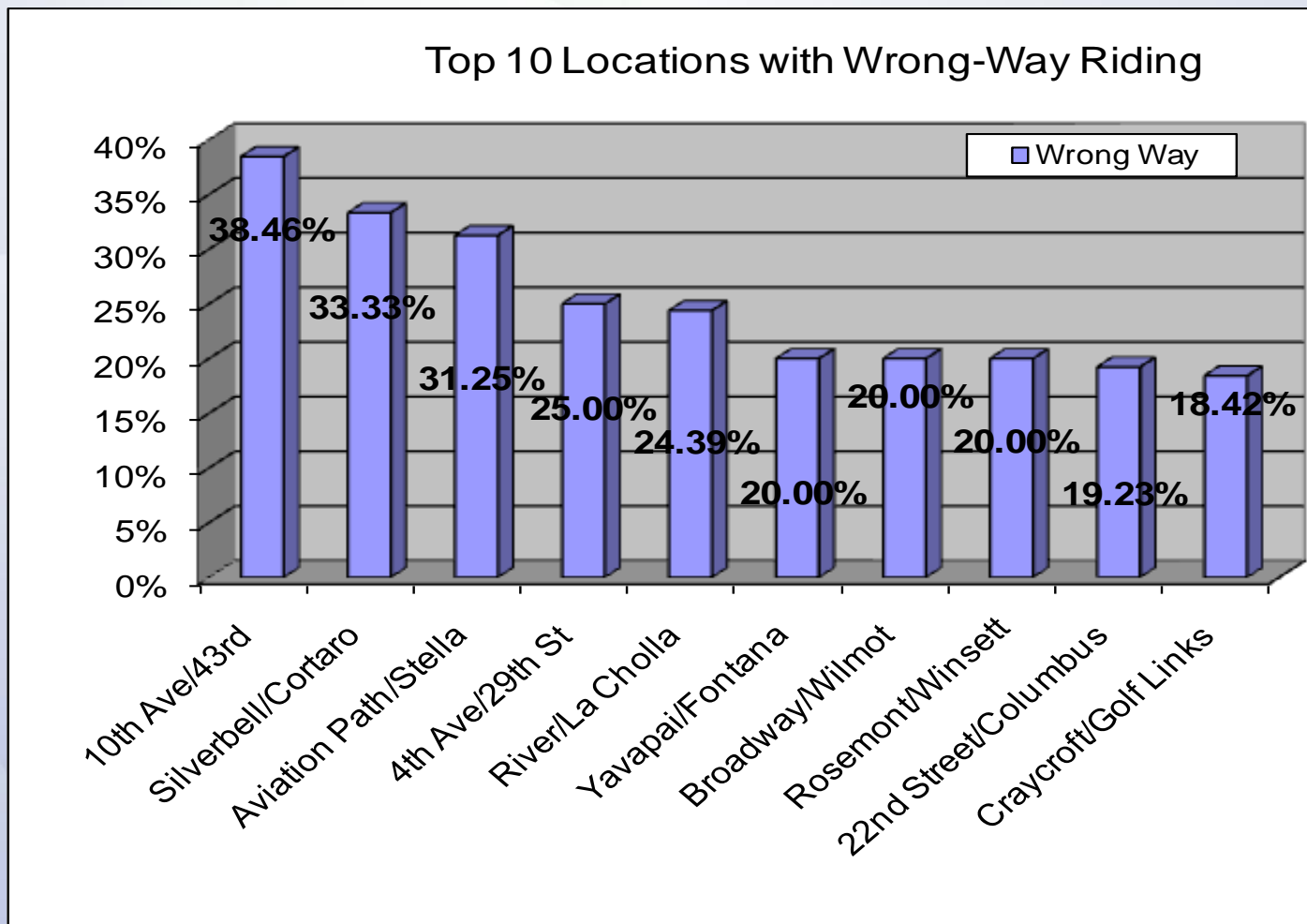
Top Crash Roadways for Bicyclists



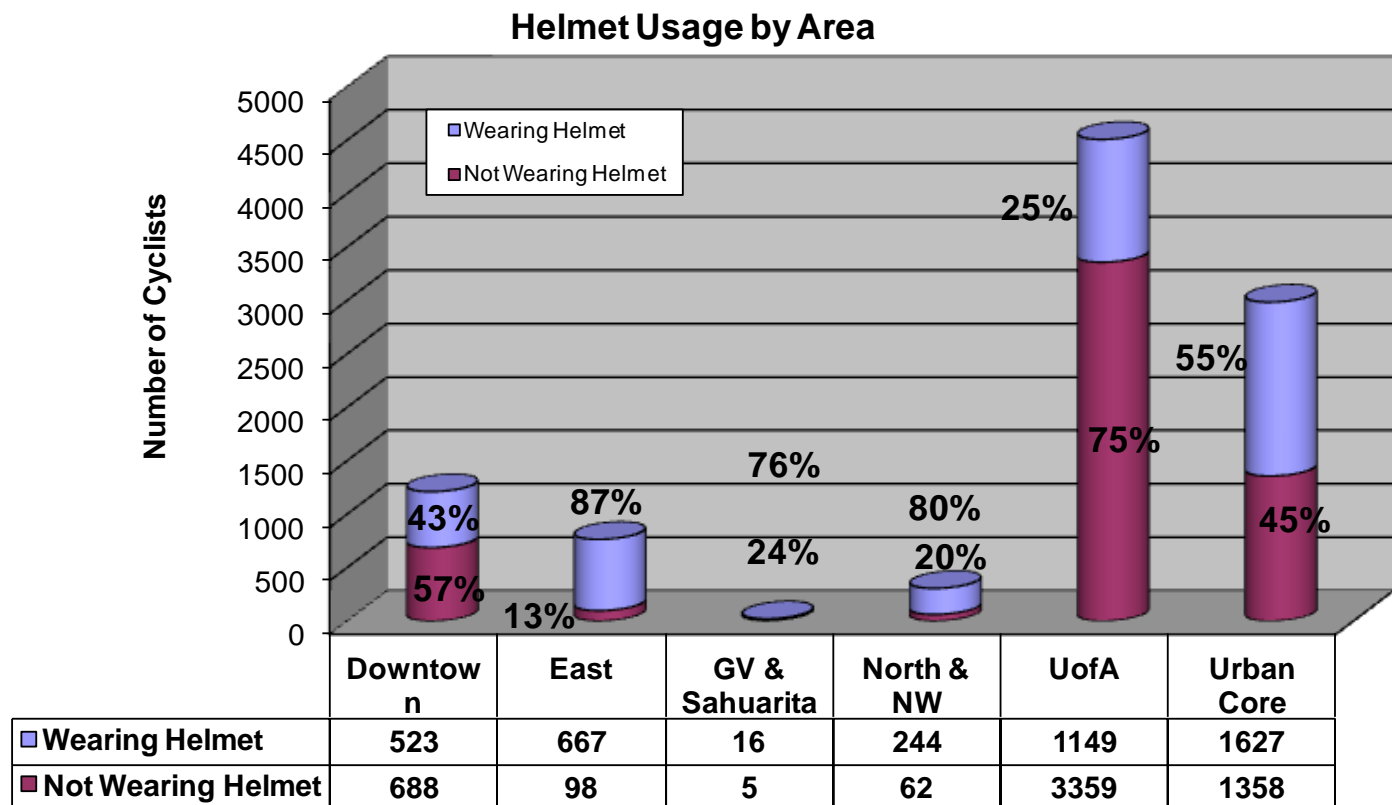
4. Collect Baseline Data to support your projects



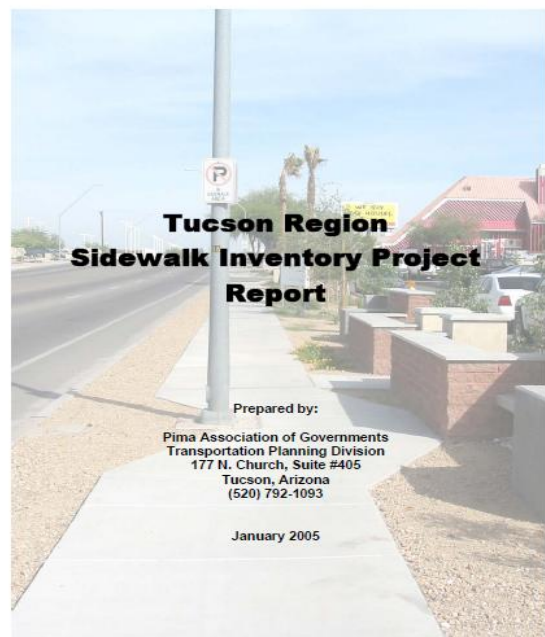
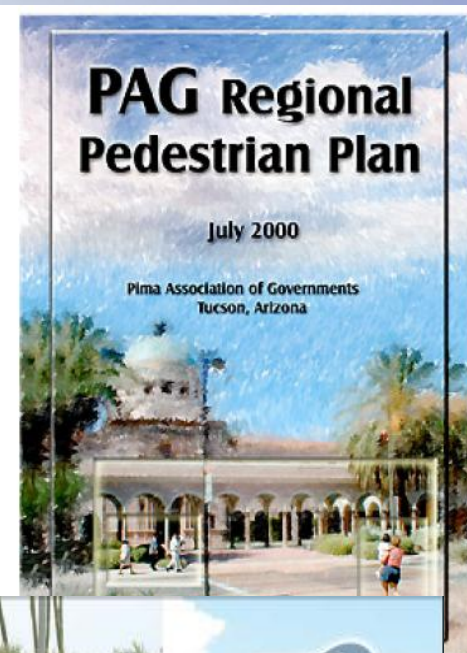
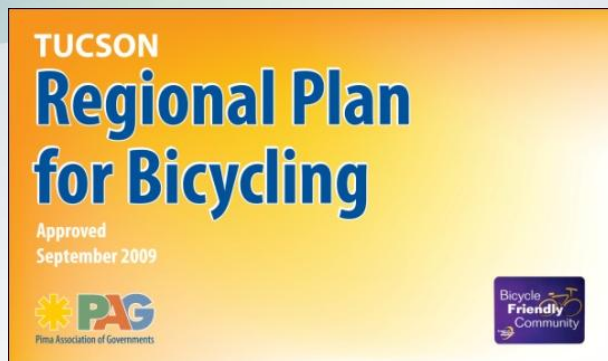
4. Count Data



4. Count Data



5. Develop Blueprints



6. Institutionalize Complete Streets

COT Bicycle Accommodation Policy – Standardizes bike lane implementation as part of all resurfacing projects. Allows for travel lanes to go down to 10 ft on roadways under 40 mph.

Pima County Roadway Design Manual – *“Pedestrian walkways (sidewalks and paths) should be incorporated in a roadway cross-section unless otherwise directed by Pima County.”*

“On curbed roadways, 6 feet are to be added to the typical width of outside travel lanes to accommodate bicycles.”

6. Complete Streets

Marana – *“The streets of our town play an important part of the livability of the community. They are for everyone, young or old, motorist or bicyclist, walker or wheelchair user, bus rider or shopkeeper. The Town’s multi-modal transportation policy should take into account these users to the extent possible.”*

Oro Valley - *“Development of a transportation network that promotes alternative modes of transportation (e.g., transit, bicycling)... and the adoption of a land-use policy that links trip origins to nearby destinations are proven methodologies which can achieve this goal.”*

6. Complete Streets



7. Do Your Homework

	NHS	STP	HSIP	SRTS	TEA	CMAQ	RTP	FTA	TE	BRI	402	PLA	TCSP	JOBS	FLH	BYW
Bicycle and pedestrian plan		*				*						*	*			
Bicycle lanes on roadway	*	*	*	*	*	*		*	*	*					*	*
Paved Shoulders	*	*	*	*	*	*				*					*	*
Signed bike route	*	*		*	*	*									*	*
Shared use path/trail	*	*		*	*	*	*			*					*	*
Single track hike/bike trail							*									
Spot improvement program		*	*	*	*	*										
Maps		*		*		*					*					
Bike racks on buses		*			*	*		*	*							
Bicycle parking facilities		*		*	*	*		*	*							*
Trail/highway intersection	*	*	*	*	*	*	*								*	*
Bicycle storage/service center		*		*	*	*		*	*				*	*		
Sidewalks, new or retrofit	*	*	*	*	*	*		*	*	*					*	*
Crosswalks, new or retrofit	*	*	*	*	*	*		*	*						*	*
Signal improvements	*	*	*	*	*	*										
Curb cuts and ramps	*	*	*	*	*	*										
Traffic calming		*	*	*									*			
Coordinator position		*		*		*							*			
Safety/education position		*		*		*					*					
Police Patrol		*		*							*					
Helmet Promotion		*		*	*						*					
Safety brochure/book		*		*	*	*	*				*					
Training		*		*	*	*	*				*					

7. Bike/Ped Funding PAG Region

- Federal Funds – TE



7. Bike/Ped Funding PAG Region

- Federal Funds – SRTS



7. Bike/Ped Funding PAG Region

- Federal Funds – STP



Bike Ambassador Program

8. Award Advocates/Commuters



9. Publicize Victories

[Home](#)
[About](#)
[Contact](#)
[Calendar](#)
[Resources](#)
[Reader Photos](#)
[Forums](#)
[Map Collaboration](#)

Tucson Velo

Covering Tucson's bike community

[News](#)
[Photos](#)
[Rides & Events](#)
[Stolen Bikes](#)
[Blog](#)
[Link Roundup](#)

Event Calendar

<	Sep 2011						>
S	M	T	W	T	F	S	
				01	02	03	
04	05	06	07	08	09	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30		

Tuesday, September 27, 2011
8:30 pm - Tuesday Night Community Bike Ride

Wednesday, September 28, 2011
1:00 pm - RTA Bike/Pedestrian Working Group Information
6:30 pm - Getting Ready for el Tour - Free Weekly Workshops and Coaching

Saturday, October 01, 2011
7:00 am - Weekly Training Ride
9:00 am - Biketoberfest: An Urban Excursion for Everyone
12:00 pm - High Noon Fixed Gear Match Sprints Championships
7:30 pm - 16th Annual Show Low Bluff Tour of the White Mountains

Tuesday, October 04, 2011

Data: More cyclists on Tucson roads than ever before

Posted on September 22nd, 2011 by Michael McKisson (Publisher/Editor)



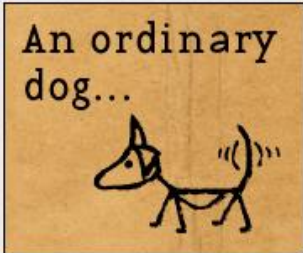
Several bike commuters make their way south on Mountain Avenue this morning.

Data released today by the U.S. Census Bureau shows that Tucson has seen its largest one-year increase in ridership and more cyclists than ever before are on the roads.

According to data gathered from the American Community Survey, which is a follow up to the census, the region went from 1.9 percent ridership in 2009 to 3 percent in 2010.

Pima Association of Government's bicycle planner Ann Chanecka said 3 percent is the highest percentage of bike

Site Sponsors


10. Look for Inspiration!



10. Look for Inspiration!



Ann Chanecka

Senior Transportation Planner

520-792-1093

achanecka@pagnet.org